



ENERGY SAVING

# Green Guide

WINTER 2022

Save up to  
**£690**

# Save on utility bills without spending a penny

Even little modifications around the home can mount up to significant savings in your utility bills, whether you're **renting or a homeowner**.

The **10 tips below** could save you up to £690. The changes you make can also reduce your carbon footprint and help the planet – it's a win-win.



Everyone's home is different, and the savings detailed below are indicative estimates.\*1

*Links to information sources are given under each section, labelled 'source'.*

SIMPLE SWAP	ANNUAL SAVING
<p><b>1. Turn your thermostat down by 1 degree</b></p> <p>If you're warm enough, turn down your thermostat by one degree. Consider setting your thermostat to the lowest comfortable temperature, which for most people is 18°C–21°C. Think about extra layers before turning up the thermostat. There are some great tips and ideas for keeping warm and saving energy <a href="#">here</a> at Money Saving Expert.</p> <p><b>Source</b></p>	<p><b>£145</b></p>
<p><b>2. Lower boiler flow temperature on combi boilers*</b></p> <p>Take 8 minutes to set your combi boiler to 60°C or less. Follow the simple steps <a href="#">here</a>.</p> <p><i>*Do not change flow temperature in properties with hot water tanks due to the risk of <a href="#">legionnaires disease</a>.</i></p> <p><b>Source</b></p>	<p><b>£112</b></p>

## SIMPLE SWAP

## ANNUAL SAVING

### 3. Simmer food and put lids on pans

£99

Like a roof on a house, a lid on a pan keeps the warmth in and reduces the amount of energy needed to keep it hot. Make it a habit every time you cook, and you'll reap the savings.

#### Source

### 4. Take 4-minute showers

£95

Average shower times, in the UK, are 7-8mins. Keeping your shower time to just 4 minutes will reduce the volume of water you use and the energy required to heat it. Saving you money on your water and energy bills.

You can get a free 4min timer from South Eastern Water [here](#).

#### Source

### 5. Avoid using the tumble dryer

£70

Where possible dry clothes on racks inside or outside in warmer weather.

If you own a condenser tumble dryer – the most energy-hungry type – you could save up to [£170](#).

#### Source

### 6. Unplug standby and vampire appliances

£65

Appliances that draw energy when on standby or left plugged in are known as vampire appliances. [British Gas](#) has estimated that 23% of our electrical usage is vampire energy, costing the nation billions.

Unplug items like TVs, games consoles and broadband routers (when you leave the house). There's a long list of other appliances, like kettles, that draw power when they aren't in use. Find out how much you could save by unplugging the appliances you own [here](#).

#### Source

## SIMPLE SWAP

## ANNUAL SAVING

### 7. Install a water-efficient showerhead\*

£45

25% of the average British household's energy bill is spent heating water. With a water-efficient showerhead regulating the amount of water you use, you can save money on your energy and water bills.

Get a **free** water-efficient showerhead from **South Eastern Water**. It's simple to install.

\*Not compatible with Electric, Digital or Power Showers

#### Source

### 8. Turn off lights

£25

Make a habit of turning lights off when you leave a room or aren't using them. When light bulbs need replacing, buy LED bulbs, and you'll save even more. Find out how much [here](#).

#### Source

### 9. Don't overfill your kettle

£17

Be mindful of how much you fill your kettle. Try just to boil the amount you need. Consider filling the kettle with a mug to help you measure. If you boil too much water, pop the excess in a thermos flask, it could save you from having to boil the kettle next time.

#### Source

### 10. Fill your dishwasher

£17

Aim to only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use once a week for a year could save you £17.

#### Source

# Free tailored, energy solutions

If you want to make your home more energy efficient and make more savings, try the **HACKS calculator** [here](#). Answer a series of questions about the energy set-up at your home to find the best solutions for you.

**If you're concerned about paying your energy bills and need help, contact** Citizens Advice about funding and support [here](#). Or call their Consumer Helpline on 0808 223 1133.

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## **\*1 Disclaimer**

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